

1 The Effect Of Drill Training On Lob Hitting Ability In Badminton 2 Extracurricular At SMPN 2 Majalaya

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Abstract

9 This study aims to evaluate the effect of drill training on lob skills in junior high school
10 students' badminton extracurricular activities. Method; experiments with a quantitative approach.
11 Population; totaling 20 students (badminton extracurricular at SMPN 2 Majalaya), the sample was
12 determined using the entire population. The test instrument is the lob shot result test. Results; there is
13 the use of drill training for badminton lob shots as evidenced by the calculated t of 6.397, while the t
14 table value is 2.093, t value (6.397) > t table (2.093), and the significance value (0.000) < 0.05. The
15 drill training method is highly recommended for badminton lob shots at the high school level.

16 Keywords: Drill Training; Lob Shot; Badminton; Students.

17 1. Introduction

18 The development of human resources in the field of sports not only includes physical
19 aspects, but also mental, moral and technical aspects, all of which are important for achieving
20 maximum performance [1]. In the context of teaching sports at school, many sports are taught,
21 including athletics, games, water sports and martial arts. One sport that is often implemented
22 in the physical education curriculum is badminton. Therefore, this approach includes a variety
23 of physical activities that not only provide physical benefits, but also empower students in the
24 development of their social, mental and intellectual aspects [2]. With a planned approach,
25 sport can be a vehicle for strengthening social skills and developing a social spirit. Therefore,
26 there is a need for a holistic approach in sports development to ensure that its benefits cover
27 various dimensions of human life [3].

28 Indonesia's dominance in the sport of badminton today is not as great as in the past at
29 world level. The perception of Indonesia in this sport has changed, and is now considered
30 equal to other countries. The management of badminton in Indonesia needs to be reformed,
31 especially with a learning approach in schools and increased distribution of achievement
32 coaching in badminton clubs to remote areas. It is hoped that this equalization effort can
33 provide equal opportunities for badminton talents in various levels of society, so that
34 Indonesia's potential in this sport can recover and develop again evenly [4]. In increasingly
35 modern times, badminton is not only considered as an individual activity, but has also become
36 an integral part of educational goals, especially in the context of physical education. This
37 phenomenon shows that badminton has broad appeal among society and has undergone a
38 significant transformation to become more inclusive, not only as a physical activity, but also
39 as a valuable educational component [5].

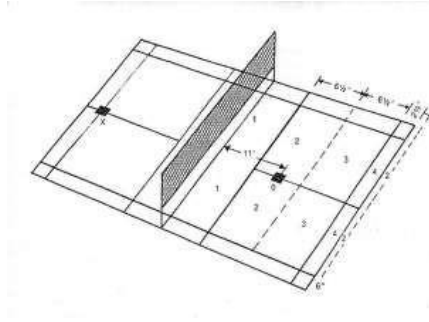
1 Mastering basic techniques is an important foundation in building badminton playing
2 abilities, and this supports players' efforts to achieve their best performance [6]. The lob shot
3 in badminton requires consistent guidance and practice, as well as good organization. A
4 common challenge in badminton training is the difficulty of players in executing lob shots to
5 the back of the court with sufficient accuracy and power. Inexperienced players often have
6 difficulty developing an effective lob shot, making it easier for the opponent to respond and
7 counterattack. This shot plays an important role in defense and attack patterns in the game of
8 badminton. Therefore, coaching that involves practice in clubs or associations (PB) is very
9 important to develop these skills [7]. Through proper practice, individuals can develop the
10 skills needed to execute tasks effectively. Therefore, practice is an integral element in the
11 learning journey that leads to practical experience and proficiency in task execution [8].

12 The drill method can be described as an approach that involves repeated instructions to
13 students to carry out certain movements, according to guidance from the trainer. As a contrast,
14 the pair training method in badminton involves two individuals or pairs working together to
15 hit lob shots. This activity includes straight and cross-back lobs, aiming towards a partner, and
16 executing continuous lobs. This pair training involves interaction between two players who
17 give and receive blows. This approach aims to improve technical skills in lob shots, while
18 strengthening cooperation and communication between players. Thus, the use of drill methods
19 and pair training in the badminton context can provide variety and deepen students'
20 understanding of game techniques and tactics [9]. The drill training method focuses on
21 developing long-lasting skills through repeated and persistent practice [10].

22 Based on the results of observations on badminton extracurricular activities at SMPN 2
23 Majalaya, it was identified that there was a lack of special training portions for the lob
24 technique, limited facilities and infrastructure to carry out training optimally, as well as the
25 presence of students who showed a lack of enthusiasm and seriousness during training. By
26 considering the various problems encountered, research was proposed with the title "The
27 Effect of Drill Training on Lob Ability in Badminton Extracurriculars at SMPN 2 Majalaya".

28 **2. Methodology**

29 This research uses a quantitative approach using a quasi experimental method. The
30 design of this research is One Group Pretest-Posttest Design, which involves giving a pre-test
31 before giving treatment and a posttest after treatment. The sample used was the entire
32 population of SMPN 2 Majalaya badminton extracurricular members, totaling 20 people. The
33 research instrument used was a lob shot test on a target on a field that had been marked with a
34 target and given a number. The purpose of this test is to measure the participants' lob hitting
35 ability.



Picture 1. Lob Shot Direction and Target

Before testing the hypothesis, the prerequisite tests for normality and homogeneity are first carried out. Hypothesis testing uses the Paired Sample Test to test the average difference between two paired groups.

3. Result and Discussion

Table 1. Normality Test Results

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.133	20	.200*	.931	20	.159
Posttest	.131	20	.200*	.951	20	.384

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Based on table 1, the pretest sig value is 0.200*, and the posttest is 0.200*. Both values are greater than 0.05, so all data has a normal distribution.

Table 2. Homogeneity Test Results

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.133	20	.200*	.931	20	.159
Posttest	.131	20	.200*	.951	20	.384

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Based on table 2, the sig value is 0.532 which is greater than the alpha value (0.05). This shows that the population variance is considered homogeneous.

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Table 3. Hypothesis Test Results

	Paired Samples Test							
	Mean	Std. Deviation	Paired Differences		t	df	Sig. (2-tailed)	
			Std. Error Mean	95% Confidence Interval of the Difference				
			Lower	Upper				
pretest - posttest	-4.250	2.971	.664	-5.641	-2.859	-6.397	19	.000

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3 Based on table 3, it can be seen that the calculated t value is 6,397, while the t table
 4 value taken is 2,093. Therefore, it can be concluded that t count (6.397) > t table (2.093), and
 5 the significant value is 0.000 < 0.05. This illustrates that the null hypothesis (Ho) is rejected
 6 and the alternative hypothesis (Ha) is accepted. In this way, it can be concluded that the use of
 7 the drill training method has a significant influence on the ability to hit lobbs in extracurricular
 8 badminton games at SMPN 2 Majalaya.

9 **4. Conclusion**

10 Based on the results of data analysis using experimental methods with a quantitative
 11 approach, the test results on badminton extracurricular students at SMP Negeri 2 Majalaya
 12 showed that there was a significant influence regarding the lob shot, as evidenced by the
 13 independent variable which influenced the dependent variable. The research population
 14 included Badminton extracurricular students at SMP Negeri 2 Majalaya, with a total sample
 15 of around 20 students. This research shows that there is a positive influence of the drill
 16 training method on lob shots. This lob shot results from a structured training program and is
 17 carried out programmatically in each meeting. The findings of this research concretely prove
 18 that the use of the drill training method can improve students' lob hitting skills effectively.
 19 Therefore, it is hoped that the results of this research can be a reference for teachers or
 20 coaches when developing training methods and teaching materials for students in the
 21 badminton extracurricular context.

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